Welcome

I am delighted to introduce the first edition of our new look Wellbeing magazine. This magazine is aimed at our patients, carers, staff partners, our shadow Foundation Trust members and all our other stakeholders and will provide a snapshot of some of the great work that is taking place at the Trust. We plan to produce the magazine twice a year and it will be available at all of our mental health and community sites.

In this edition you can find out more about our award winning Fixated Threat Assessment Centre which works closely with the Metropolitan Police. There is also coverage of our association with Middlesex University which recently awarded us University status which enhances the current partnership between our organisations. There is also an article about our new service for young parents in Enfield, the Family Nurse Partnership. Our community services in Enfield are an important part of our Trust as integration of physical and mental health services is one of our key priorities.

Along with the wider NHS we are facing some challenging times ahead as we are treating more patients with no increase in funding. Despite the challenges, this magazine illustrates the wide range of quality services that our staff continue to deliver to our patients and service users.

I do hope that you will enjoy reading the magazine. We are always looking for interesting articles to include so, if you have anything to contribute, please contact the Communications Team via email: communications@beh-mht.nhs.uk.

Maria Kane
Chief Executive

Foundation Trust Update

As you are aware, we are planning to become a Foundation Trust as we believe there are real benefits for our patients, our staff and local people.

At present, our application to become an NHS Foundation Trust (FT) has been paused to enable us to develop a five year financial plan with the Trust Development Authority (TDA). We remain committed to becoming a FT in the future but, along with many other local NHS Trusts, we have to address the current financial challenges we face first. We are working closely with the NHS Trust Development Authority who provide support, oversight and governance for all NHS Trusts on their journey to becoming a Foundation Trust.

We will of course keep you informed if there are any changes, and would like to thank all of our shadow Members for their ongoing support.

Our Contact Details:

This magazine has been produced by the Communications Department. If you wish to contribute any articles for a future edition of the magazine or have any comments about this edition please contact us:

By email: communications@beh-mht.nhs.uk
By phone: 020 702 3599
www.beh-mht.nhs.uk
The week was organised by Beat, the country’s leading charity supporting people with eating disorders and is intended to raise awareness and understanding of eating disorders and challenge stereotypes and stigmas. Eating disorders are serious mental illnesses affecting 1.6 million people in the UK – they claim more lives than any other mental illness but are treatable and recovery is possible. Despite this awareness of eating disorders is too low.

Staff from the Trust’s Eating Disorders Service at St Ann’s Hospital in Haringey, which is a national provider of specialist eating disorder inpatient treatment, aimed to raise awareness through a series of information events.

Camilla Cox, Senior Occupational Therapist in the Eating Disorders Service organised the week’s events for the Trust and says it’s important that everyone does their bit to raise awareness: “Eating disorders affect a lot of people and are very serious but there is still a lot of misunderstanding about them. We do a lot of work with patients here at the Trust and this week is a great opportunity to share some of that experience and give people the opportunity to find out a bit more.”

Who we are
The St Ann’s Eating Disorders Service provides a comprehensive, specialist service to the North, Central and North East London Sectors and surrounding counties of North Essex and South Essex. The service is also a national provider of specialist eating disorder inpatient treatment.

What we offer
The service provides: Out-patient and specialist in-patient care, including rehabilitation, day care and community liaison service.

Who is the service for
People aged 18 years and above suffering with a primary diagnosis of an eating disorder: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Atypical Eating Disorder.

How you can access our service
We accept referrals of patients who have a primary diagnosis of an eating disorder:

- Anorexia nervosa
- Bulimia nervosa
- Binge Eating Disorder
- EDNOS (atypical eating disorder)
- Comprehensive Assessment of and recommendations for treatment of obesity (the service will assess for a diagnosis of Binge Eating Disorder if this is not present the patient is discharged back to the referrer).
POTTERY COMES TO ST ANN’S

WHAT COMES TO MIND WHEN YOU THINK OF MENTAL HEALTH TREATMENT? HOSPITALISATION? DRUGS? PROBABLY NOT POTTERY ANYWAY.

But that’s exactly what’s on offer at a weekly session for inpatients at St Ann’s Hospital in Haringey. It’s not just part of the recovery and rehabilitation process through the self-discovery which it offers, but it also helps service users to rebuild their often fragile confidence, learning a new skill and expressing their creativity. The sessions are available to inpatients and outpatients with a wide range of diagnoses. They are organised by the Trust’s Occupational Therapists with the help of Sam Miller.

Sam originally trained as an art teacher and taught in schools for six years before turning her attention to adult education. Sam said: “There is nothing more rewarding for me than seeing people develop new skills which can boost their confidence. Some people come to the pottery class with the lowest confidence and self-esteem imaginable, and have often had terrible experiences. But pottery is uniquely positioned as a type of therapy; a class can have people with long or short concentration spans and all sorts of ability levels, and it’s possible for everyone to join in and to benefit regardless.

“So I get a real kick out of watching people’s talents develop. Once they have the basic skills, they can really express their creative side and many of them go onto join a creative evening class after their stay in hospital comes to an end. For most people, it’s about unlocking a talent that they never knew they had.”

THE NEW ST ANN’S MOVES CLOSER

Things are moving forward on the exciting vision for the future of the St Ann’s Hospital site in Haringey.

THE VISION IS TO:
TO CREATE A MODERN HEALTH CAMPUS WITH A SUSTAINABLE MIX OF MENTAL HEALTH AND OTHER SERVICES INCLUDING THE EXISTING MOORFIELDS EYE HOSPITAL, WHITTINGTON HEALTH COMMUNITY HEALTH SERVICES, NORTH MIDDLESEX HOSPITAL AND BREAST SCREENING SERVICES, WITH A MIX OF NEW FAMILY HOUSES AND FLATS AND PUBLIC OPEN SPACE.

Andrew Wright, Director of Strategic Development, said: “Far from closing St Ann’s, our aim is to develop the site, with new mental health inpatient facilities and improvements to the rest of the site.”

The next step in the process is to submit an outline planning application to the London Borough of Haringey in early summer 2014. Following that, there will be a period of formal public consultation, when anyone can make comments to the Council on the plans.

For further information please visit the Trust website at www.beh-mht.nhs.uk.
A PATIENT SAYS THANK YOU WITH A PAINTING

A young patient has thanked the team that helped her to get back on the road to recovery by painting a picture especially for them.

Maria Halkou 23 from Enfield decided to paint the picture for the Enfield Crisis Resolution Home Treatment Team (CRHT), part of the Barnet, Enfield and Haringey Mental Health NHS Trust. Maria said: “The support and care that I received from the team was so good that I wanted to give them something back. I have always enjoyed painting so I painted them a picture that I hope they can display in their office to remind them of me.”

The Enfield Crisis Resolution Home Treatment Team are a multi-skilled team of mental health professionals providing intensive care and support in patient’s homes as an alternative to acute inpatient admission.

Faye Eatally, Crisis Resolution Home Treatment Team deputy manager said: “We regularly receive positive feedback, but this is the first time that we have had a patient paint a picture for us and we are all very pleased. More importantly, we are delighted that Maria and her family consider that the treatment we have provided has really made a difference and that she is now well on the road to recovery.”

ACCESSING MENTAL HEALTH SERVICES IN A CRISIS

The new Crisis Resolution and Home Treatment (CRHT) service provides an urgent outreach service 24 hours a day, 7 days a week assessing service users wherever they are at the point of referral e.g. GP surgery, their own home etc.

Patients can self-refer to the CRHT by contacting them on the numbers below. If a patient who is already known to the Trust needs urgent care they should contact their care co-ordinator in the first instance if it is between 9am and 5pm Monday to Friday. Outside of these hours they should contact the CRHT team.

The contact details for the CRHT teams are:

**Barnet**
1st floor, Dennis Scott Unit, Edgware
Tel: 0208 702 4040

**Enfield**
Ivy House, Chase Farm Hospital
Tel: 0208 702 3800

**Haringey**
Lea Unit, St. Ann’s Hospital
Tel: 0208 702 6700

A new website giving information for young people who will be using the services of the Beacon Centre in Edgware has been launched.

The aim of the new site is to provide reassurance for the young people and their parents/carers about the treatment they will receive and the ethos of the Beacon centre. The site has been designed specifically with young people in mind, using short video clips to provide the information.

The Beacon centre provides mental health support and services to young people between the ages of 12 and 18. Further information can be found at www.beacon-centre.org.uk.
Celebrating our Commitment to Excellence

One of the Trust’s values is to strive for excellence, recognising achievements and valuing hard work which was recognised in the annual staff awards ceremony entitled “Celebrating our commitment to excellence.”

Over 300 members of staff got together to celebrate the achievements of colleagues in the annual staff awards ceremony. More than 80 people were nominated in the seven categories and the winners were announced on the night. Colleagues with 30 or more years of NHS service were also recognised.

Michael Fox, Trust Chairman, welcomed everyone to the awards ceremony saying: “This event is a demonstration of the Trusts on-going commitment to excellence. It is one way of saying thank you to all staff in what has been another challenging year for the Trust and the wider NHS.”

Maria Kane, Trust Chief Executive, gave a closing speech congratulating all of the award winners and acknowledging that the awards were just a snapshot of the good work that takes place throughout the Trust.

Awards were given in seven categories:

- Compassion in care
- Clinician of the year
- Supporting star
- Innovation award
- Manager of the year
- Diamond team
- Chief executive’s award for excellence
The agreement builds on the existing strong relationship between the University and the Trust, which has previously included opportunities for clinical placements for nursing students, bespoke and innovative educational projects for staff development, and evaluation and research projects on critical clinical practice questions.

Skills and knowledge at both organisations will be enhanced by the partnership, which will see clinicians from the Mental Health Trust working with Middlesex students and sharing their front line expertise, and Middlesex University experts providing training for staff at the Trust. This includes opportunities for Trust staff to gain university level qualifications for projects they carry out in the workplace.

Middlesex University Pro Vice-Chancellor and Dean of the School of Health and Education Jan Williams said: “Middlesex University and the Trust have collaborated for a number of years on student placements, conferences and continuing professional development so we are delighted to have the opportunity to formally extend our partnership. We’re looking forward to working together to respond to the challenges facing mental health and community health service users and staff, through research and development of innovative ways of working.”

Maria Kane, Trust Chief Executive said: “Our relationship with Middlesex University is a crucial part of how we advance our research, develop our workforce and support the training of the next generation of NHS staff, so I am thrilled that we are able to strengthen our partnership through this agreement. We will be looking for new and innovative ways to work together to continue to improve the health and wellbeing of the community our Trust serves.”

TRUST AWARDED UNIVERSITY STATUS

MIDDLESEX UNIVERSITY HAS AWARDED ‘UNIVERSITY AFFILIATED’ STATUS TO THE TRUST. THE AGREEMENT, WHICH WAS SIGNED AT A CEREMONY AT THE UNIVERSITY ON WEDNESDAY 22 JANUARY, WILL ENHANCE THE CURRENT PARTNERSHIP BETWEEN THE TWO ORGANISATIONS, DEMONSTRATING A STRONG COMMITMENT TO EDUCATION, RESEARCH AND DEVELOPMENT.
NEW SERVICE FOR YOUNG PARENTS IN ENFIELD

A new scheme for young first time parents is running in Enfield. The Family Nurse Partnership is a free home visiting programme to support first time young mums, and their partner, through pregnancy right up until their child is two years old. The aim of the programme is to enable young mothers to have a healthy pregnancy and improve pregnancy outcomes, to improve child health and development and to improve parents’ economic self-sufficiency.

It will be delivered by the Family Nurse Partnership team at Enfield Community Services (part of the Trust) in partnership with NHS Enfield Clinical Commissioning Group and Enfield Council. The Family Nurse Partnership is available to all first time mothers in Enfield aged 20 and under at conception. The scheme will provide a specially trained family nurse who can help young mums and their partners to prepare for parenthood. The family nurse can also help young mums plan for their future, whether finding a job or returning to education.

Kathy Soderquist, Divisional Manager for Universal Children and Young People Services at Enfield Community Services, said “we all know that having your first child can be a very challenging time, especially if you are young. At the Family Nurse Partnership team in Enfield, we are there to provide advice and support to young parents in the borough so that they can give their baby the best possible start in life.”

To contact the team you can email beh-tr.enf-fnp@nhs.net or call 020 8702 4465.

WHY HAVE A FAMILY NURSE?

Research has shown how important health in pregnancy and the positive relationship between a mother and her baby is for a child’s future health, happiness, relationships, and how well they do at school.

Research also shows that mums (and dads) who take part in the Family Nurse Partnership are more likely to achieve what they want for themselves and their children. We know dads are important to their babies, so we welcome dads or partners to join in during the home visit if the mum would like them to. Family nurses will support both parents to give their baby the best possible start in life.

A family nurse will provide parents with information and support to make decisions which:

• Increase chances of a healthy pregnancy
• Help manage the labour
• Improve a child’s development
• Build a positive relationship between a young parent and their baby, and others
• Help plan for the future
• Enable young people to make lifestyle choices, which gives their child the best possible start in life
• Enable young parents to achieve their aspirations (such as finding a job or returning to education)

CHOOSING WELL MADE EASY - NEW APP AVAILABLE TO DOWNLOAD

Choosing the right NHS service in Barnet, Enfield and Haringey has never been easier thanks to a new mobile app.

The Choose Well North London app is part of a wider campaign by Haringey, Barnet and Enfield Clinical Commissioning Groups aimed at relieving pressure on hospital Accident and Emergency departments and highlighting the range of other local NHS services that are available to people.

The app helps people decide what service they need and where to go to get it. The names, locations and opening hours of every pharmacy, GP surgery, walk-in and urgent care centre and hospital A&E in Barnet, Enfield and Haringey are included on the app along with a locator map showing where the nearest service is. The app is free and available to Apple and Android users.

Available in four languages – English, Turkish, Polish and Somali – the app also includes a game users can play to familiarise themselves with NHS services.
MENTAL HEALTH TRUST AND MET POLICE PARTNERSHIP WINS TOP AWARD

AN INNOVATIVE AND IMPORTANT PARTNERSHIP BETWEEN BARNET, ENFIELD AND HARINGEY MENTAL HEALTH NHS TRUST AND THE METROPOLITAN POLICE SERVICE HAS BEEN RECOGNISED WITH A PRESTIGIOUS POLICING AWARD.

The Fixated Threat Assessment Centre (FTAC) team assesses the level of threat posed to members of the Royal Family and prominent politicians from people suffering with mental health disorders. FTAC works with local agencies such as the NHS and local authorities to facilitate contact with services that can provide treatment or support to members of the public who are often vulnerable. The service seeks to put in place interventions at an early stage, providing an alternative care pathway to the criminal justice system.

The team, which is made up of staff from the Trust and the police, was presented with the top prize for diversity in the Excellence in Total Policing Awards in recognition of their work to support people with mental health conditions.

The multidisciplinary team of doctors, nurses and police officers has an important role to play in protecting high profile public figures, but their work also has a significant public health impact. FTAC consultant psychiatrist Dr Frank Farnham says that “by making an assessment of an individual the team is often able to put people in touch with their local mental health or primary care services. This early intervention allows people with mental health problems to be identified and provided with appropriate treatment much sooner than may have happened otherwise.”

The event was the third annual award event celebrating professionalism and dedication right across the Metropolitan Police Service. Detective Chief Inspector Carol Kinley-Smith, who heads up FTAC, said: “I am incredibly proud of the team. Mental health is a huge priority for the police at the moment, and this team is an excellent example of how effective partnership working can support both police and NHS objectives by protecting public figures and helping people get the care and support they need”. Speaking after the ceremony Maria Kane, Trust Chief Executive, said: “I am delighted that the hard work of the team has been celebrated through this award. How mental health services work with the police is becoming increasingly important. We need to make sure that people with mental health problems who come into contact with the police are treated in a way that suits their specific needs. This partnership is just one example of how we are working together to make sure this happens.”
AN UPDATE ON THE CARE QUALITY COMMISSION INSPECTIONS

The Trust has received two regulatory visits to its in-patient facilities and a further two visits to its commissioned Recovery Houses. In addition, four Mental Health Act visits were carried out during November and December 2013. The CQC are responsible for checking whether hospitals, care homes, dentists and services in the home are meeting national standards.

This included Fortis Green recovery house; Suffolk House recovery house; Dorset, Trent and Thames wards in the crisis and emergency service line and Sage Ward in the forensic service. In addition Haringey ward and 136 suite at St Ann’s Hospital were inspected which resulted in an enforcement notice being issued for the inappropriate use for seclusion rooms. The notice has been served on St Ann’s for outcome 4, Care and Welfare. This practice has ceased but that does mean there is extra pressure on inpatient beds within the Trust which we are addressing with our commissioners, the Clinical Commissioning Groups.

The Magnolia Unit in Enfield is meeting all six standards that were part of a recent routine inspection by the Care Quality Commission. Magnolia is a 28-bedded rehabilitation unit run by the Barnet, Enfield and Haringey Mental Health Trust. Patients are admitted from other hospitals as well as from home and stay on the unit for up to six weeks.

The inspection covered standards ranging from the care and Welfare of the people who use the services to staffing on the unit. During the inspection the CQC team spoke with patients and some relatives who all confirmed that staff were available to help. One patient said, “the staff always have time for you.” Patients said they had been involved in the planning of their care and were kept informed of their progress in terms of treatments goals.

IN THE NEWS

YOUR CHANCE TO FIND OUT MORE ABOUT THE TRUST

If you are interested in finding out more about what’s happening at the Trust you are welcome to come along to one of the public Trust Board meetings.

The Trust Board is made up of a Chairman, five other Non-Executive Directors, a Chief Executive and five other Executive Directors. The Chairman and Non-Executive Directors are appointed by the Secretary of State for Health. Their role is to provide an independent view on strategic issues, performance, key appointments and to hold the Executive Directors to account.

The Chief Executive and other Executive Directors are the most senior managers in the Trust and they are responsible for working with the Non-Executive Directors to translate the Trust’s strategic vision into day-to-day operational practice.

The Board’s business is conducted through bi-monthly Trust Board meetings, which are held in public. Additionally, there are a number of Committees of the Trust Board. The minutes and other papers from Trust Board meetings are published on the Trust’s web-site: www.beh-mht.nhs.uk

THE DATES AND TIMES OF THE 2014 TRUST BOARD MEETINGS ARE:

Monday, 2 June, 1pm
Richard Lucas Room,
St Ann’s Hospital,
St Ann’s Road, London,
N15 3TH

Monday, 28 July, 1pm
Richard Lucas Room,
St Ann’s Hospital,
St Ann’s Road, London,
N15 3TH

Monday, 29 Sept, 1pm
Richard Lucas Room,
St Ann’s Hospital,
St Ann’s Road, London,
N15 3TH

Monday, 22 Sept, 1pm
Annual General Meeting (AGM),
Conference Suite,
Dugdale Centre,
39 London Road,
Enfield, EN2 6DS

Monday, 24 Nov, 1pm
Richard Lucas Room,
St Ann’s Hospital,
St Ann’s Road, London,
N15 3TH

IN THE PRESS

There has been a lot of media coverage about mental health during the last couple of months, including some focused on the Trust. The Evening Standard and our own local press covered the wonderful success of the Fixated Threat Assessment Centre, our partnership with the Met Police, at the London policing awards.

National press have also taken a keen interest in mental health stories. February saw the publication by the Department of Health of a new Crisis Care Concordat to improve links between health services and police to support people in a mental health crisis. There was also a lot of coverage of the story about young people being placed in adult mental health wards. While this Trust was not one of the organisations with a particular issue in this area, it does serve to highlight the pressure on mental health services across the country which is currently affecting us.

All of our Trust news can be accessed from our website at www.beh-mht.nhs.uk

FOLLOW US ON SOCIAL MEDIA

You can keep up to date on the latest Trust news as it happens by following us on Facebook and Twitter.

Follow us on Twitter @BEHMHTNHS
Like us on Facebook: www.fb.com/behmht

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Bells gym is named after Clinical Psychologist Dr Faye Francesca Bellanca whose idea it was to have exercise facilities on the ward. Faye said: “The patients on our ward often have to take a range of medication for their mental health problems which means they are prone to put on weight. Before we set up the gym there was very little opportunity for them to exercise as it is a secure facility. In turn this often led to frustration and aggression. We hope that by having exercise facilities it will mean that the patients can use their energy in a productive way whilst getting fit and controlling their weight at the same time.”

Avon ward is a 16 bed, male psychiatric intensive care unit. Dr Naguib, Consultant Psychiatrist on the ward said: “A number of our patients come from the prison service and have very challenging behaviour. We offer an intensive programme of treatment for them which lasts between six and nine weeks. This new facility is great as it will make a big difference to the patients and the staff.”

A patient on the ward commented: “These new facilities are great. I have always been into fitness but have not been able to do very much whilst I have been on the ward so having access to exercise equipment will make a big difference to me.”

Service users on Avon move back to the acute wards as their mental health improves. Staff work with patients to facilitate discharge at the earliest opportunity. Home treatment teams provide additional support to patients after discharge, alongside the care coordinator.
NEW ATAXIA SUPPORT GROUP

IF YOU HAVE ATAXIA OR CARE FOR ANYONE AFFECTED BY THE CONDITION THEN YOU MIGHT BE INTERESTED IN A NEW SUPPORT GROUP RUN BY A NEW BRANCH OF ATAXIA UK IN THE BARNET AREA. IT IS CURRENTLY HELD ON A MONTHLY BASIS IN THE FINCHLEY AREA.

Ataxia UK is a national charity and the Barnet Ataxia group has been set up as a local support group for those affected by Ataxia and their families and friends offering support, education, fundraising opportunities and raising awareness about the condition. It is a voluntarily run group and there is no fee required to attend the group but donations are welcome.

Ataxia is the name given to a group of neurological conditions. It means ‘lack of order’ and is used by Doctors to describe problems with balance, co-ordination and speech. Many types are described as Cerebellar Ataxia’s. The Cerebellum is a part of the brain controlling movement and co-ordination. There are many types and often they are hereditary. Anyone of any age can be affected. More than 10,000 people in the UK have been diagnosed with a type of Ataxia.

If you would like to find out more about the group please contact Heather Mantle via email at hevalw@hotmail.com or 07734 660926.

ART AND CULTURE CAFÉS

The Alzheimer’s society, with support from Barnet Council, have launched new Art and Culture Cafes across Barnet to support people with dementia and their families.

The cafes are a chance to take part in a range of activities including pottery, poetry and photography. They also offer those living with dementia and their carers necessary emotional support and access to information in a relaxed environment. The overall aim of the cafes, which meet monthly, is to reduce isolation experienced by those affected by dementia.

The first cafe opened at Lyonsdown Hall in New Barnet in December, and this cafe meets on the first Monday of every month from 1-3pm. A second cafe has just been launched at the Eversfield Centre in Mill Hill, to take place on the last Friday of every month from 10.30am - 12.30pm.

A third cafe has been launched in Hampstead Garden Suburb and takes place every third Tuesday of each month from 2pm - 4pm at the Quaker Meeting House.

Free parking and refreshments are available, donation of £3. For further information please contact Jessica on 020 8937 7171 or email Barnet@alzheimers.org.uk

CAN YOU HELP TO GET TOTTENHAM TALKING?

IF YOU HAVE EXPERIENCED MENTAL HEALTH PROBLEMS AND HAVE SOME SPARE TIME YOU MIGHT LIKE TO CONSIDER VOLUNTEERING FOR A NEW PROJECT AIMED AT TALKING ABOUT MENTAL HEALTH AND HELPING TO CHANGE PUBLIC ATTITUDES.

The Tottenham Talking project will train volunteers, particularly from Black and Minority Ethnic communities to get Tottenham Talking about mental health by sharing their experience of mental health problems over tasty food. It is being run by the Bridge Renewal Trust in partnership with Barnet, Enfield and Haringey Mental Health NHS Trust and Social Kitchen.

Geoffrey Océn, Chief Executive of the Bridge Renewal Trust, said: “We are looking to train volunteers from Black and Minority Ethnic communities who will get Tottenham Talking about mental health by sharing their experience of mental health problems over tasty food. Volunteers will run ‘eat and talk’ sessions at community festivals, shopping centres, parks and schools as well as a popular community kitchen in South Tottenham. We hope that the conversations will lead to improvements in attitudes and behaviour towards people with mental health problems.”

The Tottenham Talking project is funded by Time to Change, England’s biggest programme to end the stigma and discrimination faced by people with mental health problems. The programme is run by the charities Mind and Rethink Mental Illness, and funded by the Department of Health, Comic Relief and the Big Lottery Fund.

If you are interested in becoming a volunteer please contact the Bridge Renewal Trust on: 020 8442 7640 or email admin@bridgerenewaltrust.org.uk.